

THE HELPER IN DISTRESS

By
DR. BENEDICT LUST'S SCHOOL
OF DIETS

FOR THE ART OF NOURISHMENT, THE ART OF
BREATHING, AND THE TRAINING OF THOUGHT

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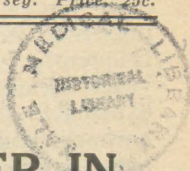
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THE HELPER IN DISTRESS

Educate your tongue with Intellect

With this booklet everybody can help himself quite well, as it contains the ballastless core of all the art of nourishment. It is of incalculable value not only for sick persons, but it was particularly gladly welcomed by thinking wives and cooks, as it does actually fill a gap in the education of the housewife.

Even well-educated ladies knew but little so far of the effect of the various foodstuffs and their correct composition.

**Breath is Life—Thought is Power—
Diet is Health.**

* * *

This booklet is the greatest simplicity, the concentration, the extract, the ballastless core of all the art of nourishment. The teachings therein contained

have for many years proved themselves invaluable in innumerable cases.

In but a few words is herewith presented to you what you would frequently seek to find by long years' searching in voluminous and expensive books, when you would, perhaps, wade through all the errors, and experience the bitterest sufferings on your own body. But, of course, if you think it to be necessary to have before you plenty of paper and printed letters, then your deeper understanding has not as yet awakened, and this booklet was not meant for you. You will not find in it a cook-book with innumerable complicated recipes. But there is shown you by simple examples how you can adapt your nourishment to your most weakened and finest-constructed organs, in accordance with the laws of diets. Careful and repeated study of the rules enables you to make new, individual compositions, so that you are not at all bound to the examples of recipes. On the contrary: whether you are strong or weak, coarsely or tenderly built, whether you are doing mental or physical work, **here you will learn how to make the proper compositions.**

And now unfold your intelligence, so that you may penetrate into the spirit of this booklet. It contains everything required, you must only find it. Of

course, there are many that do not want to think for themselves, and they will say: "Well then, just write up a list for me of exactly what and how much I must eat every day, for breakfast, for lunch, for dinner; also prescribe exactly how much of drinks I must take, but do it thoroughly and completely, so that I may be freed, once and for all, from that burdensome thinking." (!)

That is, they want me to set up a standard that would fit everybody! No, my friends, that I cannot do, for the organisms of the people are too different. I can be your guide and support, but I cannot take you upon my arms like a baby and carry you where you want to get to.

I am very much interested in seeing you make a success of my teachings, and only wish that you may persevere. There is nothing else I have to wish you, for then the most splendid results will be simply a matter of course.

* * *

Bill of Diet-Fare with Important Rules In the Morning:

1st day: 1 glass of pure grape-juice, unfermented, free of alcohol (cold or hot, as desired). Or a dish of fresh juice-fruit in season.

2nd day: 1 cup of Wonder-Drink, as follows: hot water, 1 spoonful of pure honey, 1 spoonful of lemon-

juice (or $\frac{1}{2}$ glass of grape-juice) and 1 teaspoonful Kneipp Nutritive Salts No. I.

3rd day: For a change a cup of tea, made of herbs and aniseed, for instance, strawberry and blackberry leaf tea, sweetened with pure honey, or Kneipp breakfast tea.

It is not well to eat in the morning, as it causes stiffness and heaviness (except fresh fruit). In conditions of weakness nothing but the unsugared juice (grape-juice). Whoever thinks he must eat something in the morning, takes best a light Kneipp or Lahmann oat-cracker with butter and honey, or a teaspoonful of strong almond-nut milk-diluted in a cup of hot milk (delicious!). However, in the case of scrofulous people milk will frequently cause self-poisoning and inclination to inflammations.

For lunch:

1st day: Spinage with mashed potatoes. Then baked apple. (Spinage is the best leaf-vegetable, causing the least winds.) In case of leaf-vegetables, especially cauliflower, green, red and white cabbage, sourcroot, etc., the wind-producing effect must not be overlooked. Therefore be careful!

2nd day: Kneipp mountain oat-flakes (or the finer oat-marrow) or bar-

ley cooked with raisins. Then mushroom-ragout and salad (carrot salad).

3rd day: Head-lettuce with fresh cucumbers or tomatoes and cream. Then thin pancakes made of green-core flakes.

4th day: Water rice with apple (or pumpkin), raisins, lemon and aniseed (to be sweetened as desired). Also nuts and Kneipp oat-cracker ground together and moistened with diluted fruit-juice.

5th day: Tender oat-marrow boiled with aromatic soup-green and vegetarian bouillon tea cubes. With it toast (moistened cracker with bilberries), or instead of cracker baked chestnuts or pine nuts.

6th day: Only fresh juice-fruit or melon. In case of special requirement also a few softened figs or dried bananas, with radishes or horse-radish. (Dried bananas or black, unsulphered sun-dried mission figs may be softened in milk over night, then fried in a covered pan.)

7th day: Root vegetables, like beets, carrot, turnip, asparagus. (Those with kidney-trouble must avoid asparagus.) Then apple-stew mixed with ground nuts.

Everything must be chewed thor-

oughly, under plentiful salivation. No tiredness must appear after eating!

After eating rest awhile in stretched-out position, but do not sleep. (During sleep digestion ceases.)

To the cooked and baked dishes must be added one good knifepoint full of Kneipp alimentary salts per person. (But per day not more than a flat teaspoonful.)

Before each meal three minutes breathing exercise

At night you take best nothing but fresh fruit with nuts. (The latter ground if desired.) With it take light diet-pastry, for instance Kneipp or Lahmann oat-cracker with honey. Good honey is a splendid strength-food and goes over into the blood almost immediately. A good, easily digestible nut-preparation (Nut-Prana) may be taken with it, as it does not require any power of digestion, but gives new strength immediately. Furthermore, dried fruit: figs, dates, raisins, bananas are strongly nourishing and flesh-producing. But do not take too many different things at one meal, as you are liable to overstep the limits of satisfaction, thus producing fermentation and winds.

For a change you may also take, at night, a **fruit-cake with rice-flakes**, which is much more tender and agrees

with you much better than if made with flour. Or potato salad and green-core cake.

Grate Cake (made of raw grated potatoes fried in covered pan) with tender lettuce is also easily digestible, if eaten without bread and coffee.

Cocoa with buttered bread or cracker must be considered a rare exception and is not good for sick and nervous people under any circumstances; especially, if same is prepared with milk. For milk is not at all a harmless drink, but rather has killed a good many people on account of wrong use, especially children. Therefore it must not be used regularly, and, anyway, is not at all necessary for life.

Always eat what the season offers you, then you will be on the right road, and keeping step with the animating changes.

Change is Life!

The more moderate you are, the better you will feel, especially if you will follow the rules.

Never take too much of up-building food. You will be delighted with your increasing freshness and youthfulness.

* * *

GENERAL RULES OF DIET

In the year 1720 Dr. Abenius said:
"All health consists in Diet."

The most ominous mistake in the taking of nourishment is that people are taking more up-building than secreting nourishment, and that they do not heed the wind-producing effect of many a dish. This causes all organs to become stiff and filled with useless matter. Stagnations appear, that are transformed into decomposition, inflammation and putridity. During this process there are formed destructive acids that spoil the blood and cause pains of all kinds. The acids are also the causes of the most serious maladies. They paste up the blood so that it can no longer pass through the finest veins, produce wind-gases from which originate especially tooth-aches, head-aches, eye, ear, nose and throat-trouble, etc., etc. The acids, furthermore, produce an overcharge of blood in the abdomen and there bind the alkalis, so that alkaline digestion juices can no longer originate. Then follow: indigestion, winds, inertia of all the abdominal organs, frequently overexcitation of the genital organs, with discharges, etc., often with deadly consequences.

Up-building articles of food are:

- a) **Albuminous matter:** Meat, eggs, milk, cheese, legumes. The best and most valuable albuminous matter is contained in nuts of all kinds and almonds (also peanuts).

- b) **Hydrates of carbon:** Bread, flour-meals, cereal of all kinds: wheat, oats, rye, corn, millet, buckwheat, sago, rice. Also boiled potatoes, rapes, carrots, turnips, etc. Better are dried fruits: figs, dates, bananas, raisins, dried prunes and pears. The finest hydrate of carbon is pure honey, as it is assimilated by the blood at once.
- c) **Fats:** All animal fats, butter, vegetable fats and oils.
- d) **Minerals:** (nutritive salts) in up-building and loosening condition.

The up-building foods are to build up the body and fill it with elasticity. In order to attain this end they must, however, be diluted as much as possible, or better: they must go through a chemical refinement, as otherwise the extremely tender organism cannot use them.

How inconceivably fine the food has to be worked up in order, for instance, to form a hair or a piece of skin or an eye! It is simply wonderful!

Now, the refinement of the up-building foods is accomplished by the **loosening ones**. The more loosening foods, so much the finer the juices, so much more perfect all organs are working, especially the brain and the nerves, and so much more rarely there will occur stagnations and illnesses. A simple dilution with water, coffee,

beer, lemonade, etc., cannot effect such loosening.

What are loosening foods?

All juice-fruits: Apples, pears, grapes, oranges, lemons, plums, peaches, mirabelles, cherries. All berry-fruit: blueberries, blackberries, bilberries, strawberries, gooseberries, raspberries, currants, etc.

Furthermore: Pineapples, melons, pumpkins, cucumbers, tomatoes. Then lettuce of all kinds, also radishes, horse radishes, onions, chives.

Many kinds of lettuce are too woody, and therefore remain too long in the stomach and the intestines, where they then rot. Especially heavy is endive-lettuce.

Among the loosening foods may be also mentioned all leaf-vegetables, especially spinage. Also cauliflower and sourcrout, raw or boiled. (However, all kinds of cabbage in boiled condition produce too much wind and cause dizziness and forgetfulness.)

If you wish to make a rapid progress, it is time for you to start thinking it over in all earnestness! The above tables show you a splendid rule of diet. The loosening foods must amount to 4—6 times as much as the up-building ones, according to whether you are doing physical or mental work. Take

each day, at one meal, 100—200 grams up-building food, then you will have enough for one day. Whatever else you then eat must be **nothing** but loosening food.

When following this very simple rule, you will soon be astonished how well you will feel!

* * *

EXPLANATIONS TO THE RULES OF DIET

Albuminous matter is the foundation of the body, as same, in its inner and outer muscles, is built up primarily of albumen and mineral matter. The more solid the inner muscles, the more rational will be the work of all organs. Therefore, the man doing physical work and the growing child require albuminous matter most of all. However, it is not at all indifferent whether a body in its foundations is built up of pure vegetable albumen (nut food) or of easily decomposing animal albumen. If, especially, much is taken of the latter, as well as of leguminous fruit, that is, more than the body can build up, there will originate the most dangerous self-poisons.

All feverish, acute and infectuous illnesses are the consequences of decomposed albuminous matter. Therefore, take rather too little than too much.

Albuminous matter may be taken with sourish food, as this will greatly further the digestion of the former, for instance: Peas or beans and sourcrout (but heavy and wind-producing); lentils and apple-stew (baked apple, also heavy and wind-producing); meat, eggs with lettuce and lemon, or cucumber salad; milk beaten with lemon or pure grape-juice; white of egg, cream and lemon or sourish fruit juices; sorrel soup, tomato soup with cream; white cheese (curds) with berry-fruit (without bread); nuts, almonds and peanuts are the most easy to digest, if carefully chewed, and go well with all dishes.

All albuminous matters (except nuts of all kinds) must be taken with the greatest caution and very moderately. In doing so, breathe thoroughly and abundantly.

Hydrates of carbon are transformed in the body into sugar which, under production of heat and power, is burnt up into carbonic acid and water. The more you are physically active, the more you will require hydrates of carbon for the production of working power. But in case of but little physical exertion, they ferment in the stomach and the intestines, paste up all organs and take away the best nerve-strength. During a slow exchange of matter there is produced

from the hydrates of carbon either fat or, in worse cases, carbonic acid poisoning.

All chronic diseases are connected with decomposed hydrates of carbon. Bread, pap, cake, dumplings, puddings and noodles must be eaten as little as possible by those staying much indoors.

As hydrates of carbon are converted by alkaline juices, nothing sour must go into the mouth **simultaneously** with them, in order not to make ineffective the alkaline saliva through the acid; for instance a sour potato salad or bread with sour apple is very bad. But fresh sourish fruit or salads may be eaten at one meal, a little later. As the hydrates of carbon are already transformed into the preliminary conditions of sugar in the mouth by the alkaline saliva, the observation of this rule will save you much inner digestive strength. But the lighter and finer a hydrate of carbon is, as for instance rice or especially honey, the more an exception is admissible and not at all injurious.

There may be combined: Bread, cracker, flour-meals or cereals of all kinds with sweet fruits, such as figs, dates, raisins, dried bananas, pears, prunes, etc.

Hydrates of carbon and vegetables also go well together and may be completed by little albuminous matter.

**No raw fruit must be eaten with
cooked vegetables!**

If at all necessary, then only stewed. But of course, the greatest simplicity is always most to be recommended.

Fat must be used by physical workers only, when it acts as a producer of strength. In the case of mental workers it produces disturbances very readily, as it is altogether quite hard to digest. Easiest to digest are nuts rich in fat and pure vegetable oils, which may be especially recommended to the pulmonary sick. Fat must always go together with greens rich in alkali, for the production of an effective, thin-liquid gall that has to work up the fat.

Alimentary salts prevent putrefaction and save the body from destruction. In connection with the breathing they give to the body elasticity and are indispensable for the bones, teeth, hair, nails, sinews, nerves and for the circulation of the blood.

* * *

THE BREAD QUESTION

Naturally, the most ideal bread would be the dark loaf-bread, if you were really able to digest it. However, this is the case in but very rare exceptional instances, and innumerable people owe their constant troubles and

sicknesses only to the eating of these dark loaf-breads and other wind-producers. Whoever will carefully observe himself, will soon find out that from the loaf-breads (whether baked with or without yeast) there originate very strong gas pressures that are liable to produce all kinds of sufferings, especially of the head organs, as well as heart, brain and nerve troubles. Frequently it suffices to eat, for one week, only oat-crackers instead of the bread, in order to appear perfectly fresh and quite changed. Just try it, you will see that I am right.

And anyway, whoever likes to eat rather much, should be satisfied with light fillers of the stomach.

* * *

THE HELPER IN DISTRESS

consists of the following: Put a handful of herbs or hay flowers into a bucket. (However, you may do without the former.) Then pour boiling water into same, up to one third.

Sit down upon it and let the steam rise against the genitals (Place blankets about you to prevent the steam from escaping.) **Careful! Hot!**

All nerves unite in the genitals. The steam carries heat into the interior of the body so that the hardened self-poisons are loosened and dissolved. There is, so to speak, produced an inner fermentation.

The steaming must be continued for 15 minutes. Then sit down at once in cold resp. cool water, i. e., only one hand high, so that practically only the genitals will be immersed, for 3 to 5 minutes.

The poisonous morbid matters loosened by the heat will then stream onto the lower exits.

In the case of daily practice an intermission of 3 days must be put in after every 7 days, so that the organism may work up the effects of this inducement.

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